

## Stimulus for the cycle that fuels our rhythm of prayer and worship



### Rotating lists and cycles for worship and intercession:

#### A. Daily verse (changes daily Monday-Friday)

We take this from [www.logos.com/verse-of-the-day](http://www.logos.com/verse-of-the-day) as we have found their visual approach stimulating and helpful, and as this is sourced from the USA, usually follow on a day behind their release.

Additionally, because our rhythm currently runs Monday-Friday, and the daily verse Monday-Sunday, there are a couple of 'spare' images each week. This enables us to occasionally swap something in from the weekend in place of any given day during the week if it is particularly helpful, or on the rare occasions that the standard verse for a day creates an inappropriate implication alongside the characteristic, psalm or intercessional focus of the day.

We share this verse with kind permission – see [www.logos.com/copyright-permissions](http://www.logos.com/copyright-permissions) for details.

#### B. Psalms (changes daily Monday-Friday)

We cycle through the whole list of psalms numerically, 1-150.

#### C. Name/attribute/image/characteristic of God (changes daily Monday-Friday)

This is not an exhaustive or scholarly list. It was created, and is periodically updated and expanded, using a mixture of well-known names from the Bible, character attributes explored in the scripture, and additional helpful, modern imagery or descriptions, which are variously sourced from songs, pieces of writing, sermons/talks or phrases that have been discovered – and thought to be helpful – by members of our core team.

The purpose of the list is to specifically and cumulatively fuel deeper encounter, questioning, discovery and conversation with God, in the context of worship and prayer, about who he is and what it's like to follow him, rather than to seek to create theological or abstract definitions. Our prayer is that others will find journeying with this approach as deeply transformative and helpfully expansive as we do.

Our God...	
1. is our Abba	2. is Able
3. is Active	4. is our Advocate
5. is the Ageless one	6. is our Anchor
7. is the Ancient of days	8. is Alive
9. is the Almighty God	10. is Alpha and Omega (the First & Last)
11. is the greatest Artisan	12. is Authentic
13. is the Author	14. is our Avenger
15. is Aware of every detail, implication and dynamic for every person in every situation	16. is Awesome
17. is our Back-stop	18. is our Banner (Jehovah Nissi)
19. is our Beacon	20. is Beautiful
21. Beautifies	22. is our Bedrock
23. is <i>both</i> Big picture and Detail orientated	24. is Beyond imagining
25. Blesses	26. is our Burden-bearer
27. Cares	28. was a Carpenter
29. Carries us	30. is the ultimate Catalyst
31. is the Centrepiece of civilization	32. is the Centre of eternity
33. is our Champion	34. is Close
35. Cleanses	36. is our Comforter
37. is our Commander	38. is our Compass
39. is Compassionate	40. is Complete
41. is the ultimate Completer-Finisher	42. Conquered death forever
43. is Constant	44. is the Cornerstone
45. is the Counsellor	46. is Creative
47. was Crucified	48. is Crowned with many crowns
49. Dances	50. is Dangerous
51. is Dazzling	52. is our Defender and the Defender of the weak
53. is our Deliverer	54. is our Doting Dad
55. is Down To Earth	56. is our Dwelling Place
57. is Eager to spend time with us	58. is Engaged with us and the world
59. is the Earth-shaper	60. is Emmanuel
61. is Empathic	62. is Encircling us
63. is the greatest Encourager	64. is Enough
65. is Eternal	66. is Everlasting
67. is Extravagant	68. is and brings Exuberant Life
69. is Faithful	70. is our Father
71. is our Finisher and Perfectionist	72. Finds us
73. is truly Free and brings us true Freedom	74. is our Friend; the Friend of sinners
75. is the original and best Gardener	76. Guards
77. is Generous	78. is the original Genius
79. is Gentle	80. is the ultimate Gift-giver
81. is Glorious	82. is the God Of The Angel Armies
83. is Good	84. Governs perfectly
85. is Gracious	86. is the Greatest gift
87. is our Guardian	88. is our Guide
89. is our Healer (Jehovah Rapha)	90. Hears

91. is the Heaven-maker	92. is the Helper
93. is our Hiding Place	94. is the High King Of Heaven
95. is our High Priest	96. is our High strong tower
97. is Holy	98. is the Holy Spirit
99. is Honest	100. is Hope
101. is Humble	102. is the great I AM (Yahweh)
103. is Incomparable	104. is In control
105. is Incomprehensible	106. is In our midst
107. is Indescribable	108. is Infinite
109. Initiates	110. is Intentional
111. Intercedes for us	112. is Interested
113. is Involved (in the past, present and future)	114. is Irresistible
115. is Jealous	116. is Jesus
117. is Joyful	118. is the only and ultimate true Judge
119. is Just	120. is the Key of knowledge
121. is Kind	122. is the King of kings
123. is the Lamb	124. is our Leader
125. is the Life-giver	126. is the Lifter of our heads
127. is the Light of the world	128. is our Lighthouse
129. is the Lily of the valley	130. is the Lion
131. Listens	132. Longs for us
133. is the Lord of lords	134. is Living water
135. is Love	136. is Majestic
137. is our Master	138. is the Master-BUILDER
139. is Merciful	140. Meets with us wherever we are
141. is the Mighty one	142. is Mighty to save
143. is the Miracle Maker	144. is the Morning Star
145. Never leaves, forsakes or abandons us	146. Never fails
147. is NEVER <i>broken, insecure, passive, aggressive, passive-aggressive, disengaged, manipulative, dysfunctional, fractured, troubled, touchy or anxious</i> like others who can only love us imperfectly are	148. is Mysterious
149. is Omnipotent (All-powerful)	150. is Omnipresent (All-present)
151. is Omniscient (All-knowing)	152. is Omni-competent
153. is the Only one able to supply all of our needs simultaneously	154. is the great Original
155. Overcomes	156. Partners with us
157. is Patient	158. is our Peace (Jehovah Shalom)
159. is the ultimate Peacemaker	160. is the Pearl of great price
161. is Perfect	162. is the ultimate Pioneer
163. is Playful	164. is Powerful
165. is Pre-eminent	166. is the Prince of peace
167. is Present	168. is the great Protector (Jehovah Shabaath)
169. is Proactive	170. is our Provider (Jehovah Jireh)
171. was Punished for our peace	172. is Pure
173. Pursues us	174. Quiets us with his love
175. is Radiant	176. is Real
177. is the Reckless forgiver	178. is the ultimate Reconciler

179. is our Re-creator	180. is our Redeemer
181. is our Refiner	182. is our Refuge
183. Reigns	184. is Rejoicing over us with joy
185. is Relational	186. is Reliable
187. is the ultimate Rescuer	188. brings Rest
189. is Responsive	190. is our Restorer
191. is our Retreat	192. is our Righteousness (Jehovah Tsid-Kenu)
193. is our Safeguard	194. is our Safe Place
195. is the Saviour of the world	196. Sees
197. Seeks us out	198. is Self-Sufficient
199. Sensitive to every dynamic and story	200. became our Servant
201. is Shalom	202. is our Shelter
203. is our Shepherd (Jehovah Raah)	204. is our Shield
205. Shines like the sun	206. is Sincere
207. is Singing over us	208. is the Sky-painter
209. is Slow to anger	210. is the Source of all life
211. is Sovereign	212. is Steadfast
213. is Still scarred	214. is the greatest Story-teller ever
215. Is Strong	216. Suffers
217. is Sufficient for our every need	218. is Supernaturally able
219. is the Superlative of every good thing you choose to call him	220. is our Supply
221. is our Sustainer	222. is the very best Teacher
223. is The Bread of life	224. is The Door
225. is The Gate	226. is The Life
227. is The Potter	228. is Proud to be seen with us
229. is The Resurrection	230. is The Truth
231. is The Vine	232. is The Way
233. Trinity – Three in One and One in Three	234. is Timeless
235. is our greatest Treasure	236. is our True North
237. is Trustworthy	238. is Unapproachable Light
239. is Unashamed of us	240. is Unchanging
241. is Uncontainable	242. is Uncontrollable
243. Understands	244. is Unfathomable
245. is Unique	246. is Unlimited
247. is Unparalleled	248. is Unprecedented
249. is Unreserved	250. is Unrestrainable
251. is Untameable	252. is the Upholder
253. is Victorious	254. is our Vision
255. Was, Is and Is to come	256. is the Well-spring
257. is a Wing overshadowing us	258. is Wild
259. is With us everywhere (Jehovah Shammah)	260. is Wise and the source of all true wisdom
261. Has Won and is Winning	262. is Wonder-full
263. is the Wonder-weaver	264. is the Word – the Logos
265. is Worshipped in the heavens throughout the earth	266. is Worthy of all our praise
267. is Worth giving everything for	268. was Wounded for our healing
269. is YAHWEH	

**D. Nations (changes daily Monday-Friday)**

We use WECC's 'Operation World' resource to cycle through the nations alphabetically:

[www.operationworld.org/countries-alphabetically](http://www.operationworld.org/countries-alphabetically) (although we sometimes pause from this if there is a specific nation that is centrally in focus in our general intercession on any given day, and make that nation doubly in focus on that day).

The web pages behind the list of countries on the Operation World website, and the parallel book, provide helpful context for nations that are less familiar but we always find it best to start by asking God what he would have us pray over a nation – even one we don't know as much about.

We also find [www.prayercast.com](http://www.prayercast.com) really helpful – this contains a country page and a prayer film (usually led by someone from the nation being prayed for) for almost every nation in the world.

However, the members of our team do not endorse the entirety of the content and views put forward by either Operation World or Prayercast. They also have less content on political and social justice issues than they do on a nation's relationship with Christianity, so referring to [http://news.bbc.co.uk/1/hi/country\\_profiles](http://news.bbc.co.uk/1/hi/country_profiles) – or even [https://en.wikipedia.org/wiki/Main\\_Page](https://en.wikipedia.org/wiki/Main_Page) – is often helpful for finding out more about the wider background, needs or history of any given nation.

**Sources for headlines and other central intercessional focus around global and UK national needs (a focus is set every day Monday-Friday from the headlines, flag days, updates from mission and justice organisations and/or extrapolated from the worship content for that day):**

- Our primary source for news headlines tends to be [www.bbc.co.uk/news](http://www.bbc.co.uk/news) but discernment is still needed here, as often content is not completely unbiased and obviously provides an Anglo-centric view of the news.
- Often, intercession is set by a flag day or recurring topical focus– and we create a termly calendar which makes a note of relevant dates so we can link into them if desired by that day's leader. (See [http://www.thesanctuarycentre.org/resources/the+Sanctuary\\_prayer+rhythm+key+dates+calendar.pdf](http://www.thesanctuarycentre.org/resources/the+Sanctuary_prayer+rhythm+key+dates+calendar.pdf) )
- Organisations we keep in touch with to source information, updates and perspectives on key issues of concern include:
  - Global poverty: [www.christianaid.org.uk](http://www.christianaid.org.uk) and [www.tearfund.org](http://www.tearfund.org) and [www.embraceme.org](http://www.embraceme.org)
  - Trade justice and Fairtrade: [www.traidcraft.co.uk/](http://www.traidcraft.co.uk/) and <http://www.fairtrade.org.uk/>
  - Trafficking: [www.stophetraffik.org](http://www.stophetraffik.org) and [www.thea21campaign.org](http://www.thea21campaign.org)
  - UK poor and vulnerable – [www.jrf.org.uk/](http://www.jrf.org.uk/) and [www.shelter.org.uk](http://www.shelter.org.uk) and [www.thechildrenssociety.org.uk](http://www.thechildrenssociety.org.uk) and [www.ageuk.org](http://www.ageuk.org) and [www.trusselltrust.org](http://www.trusselltrust.org)
  - The persecuted church – [www.csw.org.uk](http://www.csw.org.uk) and [www.opendoorsuk.org](http://www.opendoorsuk.org)
  - The environment – [www.arocha.org](http://www.arocha.org) and [www.foe.co.uk](http://www.foe.co.uk) and international development organisations cited above.
- Twitter – you can see who we follow at <http://twitter.com/sanctuarycentre>
- the Sanctuary's core team's personal links on the mission/justice field.